Bindi
KIDFITNESS VOL 2
WITH THE
CROCMEN
JUNGLE
DANCE
PARTY
G
DVD
VIDEO

1. King Of The Jungle

Written by: Mark McDuff

Verse 1
Way down in the Serengeti
(that's in Africa in case ya didn't know)
All the Jungle is getting ready
(take out your camera you have to video)

The arrival, of the holder of the heavyweight title
He's every lioness's idol
Don't hang around
There's no point delaying
'Cause hey
The locals have a saying
"Runaway!"

Chorus
Don't move, don't breathe
Too late, don't leave
Here comes the King of the Jungle
And you can 'betcha', he'll be really glad he 'metcha',
But just don't let him 'getcha'
He's the King of the Jungle
No noise, no sound
Watchout, get down
Here comes the King of the Jungle
Commander-in-chief of the African beast,
The boss, the czar, the king,
The King of the Jungle

Verse 2
There's no crown on his royal head
(but he's the main man if you know what I mean)
He wears a thick, shaggy mane instead
(he's got the meanest mane that you've ever seen)
That lion, his roar is terrifyin'
And I think it's you he's eyein'
Don't hang around
There's no point delaying
'Cause hey
The locals have a saying
"Runaway!"

Chorus

Middle 8
Just because he the king of pussy cats
Doesn't mean that he's follows you home to drink some milk
And chase some rats

Chorus

2. Hang With An Orang

Written by: Mark McDuff

Verse 1
Hiking up through Borneo
Near a quiet place I know
An orangutan was just kicking back

Underneath a tree he spread
One hairy hand behind his head
Chewing on an afternoon snack

I said "I know that life intends that I have normal human friends
But i'd like to hang with you guys instead"
Now this might seem absurd but when I spoke, I think he heard
'Cause then he talked to me, here's what he said

Chorus
"Put your hand up high, as high as you can
Swing from tree to tree, like some hairy tarzan
Put your hands up high, yeh, that's the plan
If you want to hang with an orangutan,
like me"

Verse 2
The voice thing did amaze me
So to prove I wasn't crazy
I propped my handycam on my knee

But it wasn't real consoling cause
The whole time we were rolling
All the ape would say was "ooh ooh eeh!"

As I packed my things to leave, my orange friend he grabbed my sleeve
And whistled out to some of his chums
By the time they grabbed their mates,
It was like 'planet of the apes' and they were
Shouting at the top of their lungs

Chorus

Bridge
"We need more orangutanees cause
They cut down our numbers as they cut down the trees
Be an honorary member of the orange crowd
It's not so hard, let me show you how"

Put your hands up (Na Na Na Na Na Na)
Put your hands up (Na Na Na Na Na Na)
Put your hands up (Na Na Na Na Na Na)
Put your hands up (Na Na Na Na Na Na)

Chorus

3. Hey Disco

Written by: Mark McDuff

Verse 1
A scientist
Put a backpack
With a turtle tracker
On this turtle's back

But instead of sending
Loads of information
It started picking up
Music from an FM station

Now at some enormous decibel
It vibrates through his turtle shell
And here's the neat thing
He grooves in time to the kick drum beating

Chorus
Disco, you owe
All your moves to the radio
You breakdance and shake your
Disco pants, out there on the seafloor

Hey Disco do that funky thing
When you point your flippers and let ya hips swing
Bop ya turtle neck, do a little twist
Go surf those soundwaves, Hey Disco!

Verse 2
If you're on a boat and get the notion
To search for Disco in the ocean
Take it from me instead of just starin'
Listen for the sound of a stereo blarin'

'Cause at some enormous decibel
It vibrates through his turtle shell
And here's the neat thing
He grooves in time to the kick drum beating

Chorus

Breakdown
The broken tracker on his shell
Means the other creatures
Are learning how to dance now as well

Last Chorus
Hey Disco do that funky thing
When you point your flippers and let ya hips swing
Bop ya turtle neck, do a little twist
Go surf those soundwaves, Hey Disco!

Outro
Spinning around to the sound of the radio
He's getting down to the sound down below
Repeat

Samurai Sushi

What you will need -
1/3 Cup Mayonnaise
2 Soft Boiled Eggs
1/4 Cup Grated Cheese
2 Tbsp Chopped Chives
1 Celery Stick, Finely Diced
1 Carrot, Finely Diced
1 Tbsp Hoisin Sauce
1 Tbsp Honey
10 Sheets Nori Seaweed
2 Cups Cooked Sushi Rice
2 Tbsp Sushi Vinegar
Soy Sauce To Serve

Steps -
1. Combine mayonnaise, eggs & cheese in a bowl. Mash together and add chives. Set aside.
2. Dice celery and carrots. In a separate bowl combine vegetables with hoisin sauce and honey. Set aside.
3. Place nori sheet on a sushi mat and spread with rice, leaving a 2cm border at the top.
4. Spread with mayonnaise mix across the middle
5. Top with vegetable mix
6. Lift the edge of the mat, slowly rolling it away from you. Use gentle pressure and roll until ends form a join. Seal with water and vinegar.
7. Remove mat and slice.
8. Repeat with remaining ingredients and serve with soy sauce.

Very Edgy Vegy Wedgy

What you will need -
1 x Large Red or Green Capsicum
350g Cottage Cheese
1 Tbsp Onion Soup Mix
1 x Bunch Celery
2 x Carrots

Steps -
1. Cut the top off the capsicum. Carefully pull or spoon out the inside and discard.
2. In a bowl mix 350g cottage cheese and a tbsp of onion soup mix.
3. Spoon cottage cheese mix into the capsicum shell and put into the fridge for approx 1/2 hr.
4. Chop carrot and celery into bite size pieces.
5. Pull capsicum out of the fridge, dip carrots & celery in and enjoy!

Ba Na Na Nah Waffle Burger

What you will need -
1 1/4 Cups Plain Flour
2 Teaspoons Baking Powder
1/4 Teaspoon Nutmeg
1/8 Teaspoon Cinnamon
1/8 Teaspoon Baking Soda
1 Egg, Beaten
3/4 Cup Apple Juice
2 Tablespoons Honey
1 Tablespoon Vegetable Oil

Filling
3 x Bananas
1 Tbsp butter
Honey

Steps -
1. Stir together dry ingredients.
2. In a separate bowl mix together wet ingredients.
3. Pour wet ingredients into dry ingredients and stir until blended but still slightly lumpy.
4. Pour into waffle maker and cook until brown.
5. Slice bananas in half length-ways.
6. Melt butter in pan and add sliced bananas.
7. Cook until brown on one side and flip.
8. Drizzle honey on cooked side of banana.
9. Once cooked remove from pan and cut bananas in half again, stack onto waffles and drizzle with honey. Enjoy!

Terri Berri Cup

What you will need -
1 Waffle Cone
1 Cup Vanilla Yoghurt
1 Cup Frozen Raspberries
1 Cup Frozen Mixed Berries

Steps -
1. Put yoghurt and raspberries into blender and mix well.
2. Add in mixed berries and stir in – do not blend.
3. Spoon into waffle cone and top with a berry.

Serve immediately & enjoy!

4. One Little Ant

Written by: Mark McDuff

Verse 1
One little ant, climbing up a plant
Saw a ladybug with a six-leg cramp
He said "Ladybug, don't you fret
I'll get you to the top of this big plant yet"
He puffed out his chest, took a deep breath

Chorus
Cause he's got...
Big muscles, and that's a fact
Put that ladybug on top of his back
And he swayed to the left, swayed to the right
But he carried that bug with all his might
He made it right to the top
Without even having to stop
Well If you've got to do something and you think you can't...
Just remember that 'One Little Ant'

Verse 2
One little ant, so insignific*ant*
He's feeling kinda plucky and confid*ant*
He found a little bird all hungry and stressed
Telling him she'd fallen out of her nest
So he puffed out his chest and took a deep breath

Chorus
And he's got...
Big muscles, and that's a fact
Put that little bird on top of his back
And he swayed to the left, swayed to the right
But he carried that bird with all his might
He got that bird back home
He did it all on his own
Well if you've got to do something and you think you can't...
Just remember that 'One Little Ant'

Solo

Verse 3
One little ant, starting to p*ant*
But there stuck in the mud, was an elephant
He pushed and he pushed but he couldn't shift the weight
And word soon started to circulate
Then from every direction, beginning to advance
Were a hundred, thousand, other little ants

Last Chorus
With...
Big muscles and that's a fact
They pushed the elephant, forward and back
And he swayed to the left, swayed to the right
Then they lifted him free with all their might

So when things get tough, it's all about
Having friends around to help you out
While doing things yourself is excell*ant*

Sometimes you need more than 'One Little Ant'

5. Hands Off The Rhino

Written by: Mark McDuff

Verse 1
Many big rhino walk through jungle
Make noise like earthquake rumble
Lookie in the bushes, big bad hunter
Aim at Rhino, out front (ah)

Leadup
Though he's armour-plated, with a wonderful sense of smell
His hearing's overrated and he don't see too well

Chorus
Hey you, hiding behind that tree
Hands off the Rhino
Or there'll be no Rhino left to see
And even I know
That horn that the bad man takin'
If he think it magical he much mistaken
Hey you stand back and carefully, take your
Hands off the Rhino

Verse 2
Watch them Rhino, Park Ranger
Make them Rhino, No Danger
Look something approach (ah)
Hope him not Rhino Poacher

Leadup

Chorus

Bridge
Leave him to roam, his jungle home,
we are to blame for the pain he's been shown
Many or few, it's up to me, and you

Verse 3
Him worse than, I fearin'
Still Rhino disappearin'
Some thinkin', I 'don'wanna'
that them Rhino one day gone (ah)

6. Swing It

Written by: Mark McDuff

Verse 1
High in an African tree, there lives a chimpanzee
By the name of Mojo
He ain't that handsome or smart,
he can't do music or art
He's got a gift of his own though

Chorus
He can really
Swing it, tree to tree like no other chimpanzee
That ape is going far
You should see him
Swing it, he can go way up high and way down low
Let's face it
Mojo's gonna be a star.

Verse 2
He left the neighbourhood, he flew to Hollywood
To crack the movie scene
He had a few callbacks, then signed a big contract
Now on the silver screen (is where)

Chorus
You can watch him
Swing it, tree to tree like no other chimpanzee
That ape is going far
You should see him
Swing it, he can go way up high and way down low
Let's face it
Mojo is a movie star.

With a big car that goes like a rocket
He signs 'MOJO' on his posters
And it's sewn into his pocket
Got a big house
An even bigger pool
Got a statue of Tarzan
That people say is cool

But he's not happy and his mind begins to roam
He sees the trees in the park and pretends he's back at home, so he
Leaves all his money and fame, and grabs the very next plane
Back to his African jungle ... where

Chorus
He can really
Swing it, tree to tree with the other chimpanzees
Like they were never apart
You should see him
Swing it, he can go way up high and way down low
Now he knows that
Happiness is found in your heart

Swing it - he found himself, back at the start
Swing it - happiness is found in your heart
Repeat

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7. Bear In There

Written by: Mark McDuff

Verse
When you go to bed
You grab your teddy and you hold him tight
Now, what would happen instead
If it was a real bear in your bed tonight
Before you found yourself caught out
I'd call you up, I'd scream and shout (Hey!)

Chorus
Watch out, there's a bear in there
I can't bear to watch, if you don't take care
Watch out, there's a bear in there
With big sharp claws and big brown hair

So mind the bear, but bear in mind
It's not in his heart to be cruel or unkind
He thought you might have known
He just wants to be left alone

Verse 2
You wanna eat some honey
Search the cupboard but there's nothing in there
Now, wouldn't it be funny
If in that bare cupboard was a, a real bear
Before you found yourself caught out
I'd call you up, I'd scream and shout (Hey!)

Chorus

Solo
Before you found yourself caught out
I'd call you up, I'd scream and shout (Hey!)

Chorus

Pine Apple Bar

What you will need -
3/4 Cup Crushed Pineapple in juice
1/4 Cup Apple Juice
1 Egg
1/4 Teaspoon Vanilla Extract
1 Tbsp Vegetable Oil
3/4 Cup Wholemeal Flour
3/4 Cup Plain Flour
1 Teaspoon Baking Powder
1 Teaspoon Baking Soda
1/2 Cup Diced Apple

Steps -
1. Drain a tin of crushed pineapple.
2. Put into a blender 1/2 cup of crushed pineapple, 1/2 cup pineapple juice and 1/2 cup of apple juice. Blend.
3. Pour pineapple mix into bowl and add egg, vanilla and oil. Beat well.
4. In a separate bowl mix dry ingredients - wholemeal flour, plain flour, baking soda and baking powder.
5. Add dry ingredients to wet ingredients and beat well.
6. Add remaining 1/4 cup crushed pineapple and 1/2 cup diced apple and stir in.
7. Pour into a greased and lined lamington tin and bake at 180 C for 20-25 mins or until golden brown.
8. Let cool and cut into squares.

8. The Same Chameleon

Written by: Mark McDuff

Verse
On a tree in Madagascar
Lives Jane the chameleon
The other lizards had to ask her
'Jane, please, listen in"

"Oh! Oh! You should know
We love how you move to and fro
The problem is... well... it's just
You don't seem to dress like the rest of us"

"Your coat of many colours, makes some of us real nervous"
Jane replied "But guys, I'm only changing on the surface"

Chorus
'Cause I turn yellow when get mad
Get a little blue when I'm feeling sad
Tell me friend who's duller, plain Jane or Jane in colour
No matter what the shade of my skin
I'm still the same chameleon"

Verse 2
At that tree in Madagascar
The talk got pretty weird
It all turned to near disaster, when a hungry snake appeared

Oh! Oh! Jane she changed her, colour from green to firey red
The snake saw Danger! Danger!
Turned his tail and off he fled

"Well goodbye Mr Snake
I think I learnt a lesson... some things at first,
we think a curse, may just be a blessin"

Chorus

Bridge
Goes to show, you can be, a big time superhero
Even though, just a moment ago, you were just some kind of weirdo

Outro
Red, Yellow, Green and Blue
Underneath my skin I'm just the same as you
Red, Yellow, Green and Blue
Underneath my skin I'm just the same as you

9. Marianne

Written by: Mark McDuff

Verse 1
There's a little village
Near old Iran
With a lonely camel
Called Marianne

She'd ask the animals if they'd like to play
"Can't we be friends?" you'd hear her say
Laughing and teasing her with nasty intent
They made up a chant, here's how it went

Chorus
"You've got two fat toes, big fat nose, and a dopey grin
Long eyelashes, and that clashes, with your hairy chin

And that hump, that ugly lump
There on your back
Flies are all you'll ever attract"

Poor Marianne she was as sad as a camel can be
But just like the covers on all your books
You don't judge a camel by the way...she... looks!

Verse 2
In the little village
A plague began
Striking down with sickness
Every woman, child and man

The chief said "Now Marianne if we're to get through it"
"The desert must be crossed, and only you can do it"
Jaws dropped, eyes popped and heads began to shake
The animals cried out, "There must be some mistake!"

Chorus 2
"She's got two fat toes, big fat nose,
and a dopey grin
Long Eyelashes, and that clashes,
with her hairy chin

And that hump, that ugly lump
there on her back
Flies are all she'll ever attract"

But Marianne she was as brave as a camel can be
'Cause just like the covers on all your books
You don't judge a camel by the way...she... looks!

Verse 3
Through the sandy desert
She didn't sleep a wink
Travelled many days and nights
Without taking a drink

Just as the villagers began to despair
A vision appeared to answer their prayer
Packed up with food and blankets, medicine and more
Was a sight that their sore eyes had seen once before

Last Chorus
She had two fat toes, big fat nose, and a dopey grin
Features planned to keep the sand from ever getting in
And that hump, that crazy bump
There on her back
I guess that's why she didn't need to stop for a snack

She had two fat toes, big fat nose, and a dopey grin
Features planned to keep the sand from ever getting in
And that hump, that crazy bump
There on her back
I guess that's why she didn't need to stop for a snack

Now Marianne she is loved as a camel should be
'Cause just like the covers on all your books
You don't judge a camel by the way... she... looks

10. He's Gonna Wanna

Written by: Mark McDuff

Verse 1
Cruisin' down some murky river
Climbin' up some muddy shore
Is a tough skinned, long-nosed critter
Who kinda looks like a dinosaur

He seems like a harmless chap, moving oh oh oh, so very slow
But his favourite game is snap, and we both know,
he hates to let go... so

Chorus
He's gonna wanna get close to you
he'll try and draw you in

You gotta learn to say no thankyou
unless you wanna, be a gonna

He's gonna wanna get close to you
he'll use a friendly grin

You gotta do as I told you to
stop on the spot, step back from the croc

Verse 2
He acts like a log just floating in the river where
He waits, like hungry fox
There's some water 'stop!' don't go in there
He'll leap out like a jack-in-the-box

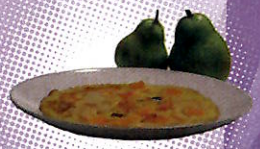
He seems like a harmless chap, moving oh oh oh, so very slow
But his favourite game is snap, and we both know,
He hates to let go... so

Middle 8
He might be a real cutie, a ripper and little beauty
But it's also true
He's bigger, stronger and meaner than you

Solo

Chorus

Peachy Keen Omelette



What you will need -
1 Tbsp Butter
2 Eggs
1 Tablespoon Honey
1/4 Teaspoon Vanilla
1/4 Cup Sliced Peaches
1/4 Cup Sliced Pears

Steps -
1. Melt the butter in a pan
2. Put peaches and pears into bowl and mash with hands.
3. In a separate bowl mix eggs, honey and vanilla.
4. Pour peach and pear mix into hot pan followed by egg mix and cook until almost set.
5. Flip omelette when one side is set.
6. Invert onto a serving plate when brown.

11. Wild Horses

Written by: Mark McDuff

Verse 1
When I'm feeling blue
I know a trick or two
That can turn my feelings around

I close my eyes and dream,
dream of an animal

Galloping free
Over snow covered plains
I cling to his back
And hold tight to the reins 'cause

Chorus
When I have a cloudy sky
Feeling down and out then I
Ride Wild Horses

Never any rules apply
Dancing on the wind when I
Ride Wild Horses

And though things may,
One day, get under my skin
They won't fence me in 'cause
Whenever life's troubling me,
I just close my eyes, ride a Wild Horse and i'm free

Verse 2
People can be cruel
But here's the golden rule
Don't let the little things get you down

Turn your world around
Dream of an animal

Picking up pace
In the wide open spaces as
You and he race to some faraway places

Chorus
When I have a cloudy sky
Feeling down and out then I
Ride Wild Horses

Never any rules apply
Dancing on the wind when I
Ride Wild Horses

And though things may,
one day, get under my skin
They won't fence me in 'cause
Whenever life's troubling me
I just close my eyes, ride a wild horse and i'm free

12. The Four Macaws

Written by: Mark McDuff

If you were wondering who we are
We're the 'Birds from Brazil'
High in the trees of South America
We're the 'Kings of the Hill'
(Watch us)

Leadup
Swing our wing
Stomp our feet
Show off our coloUrful bling
And pop our big strong beak.
Get some hip sync
Put some feather to skin
So don't just think
You can hang on our tree limb
('Cause)

Chorus
We stick together
And it's understood
We're birds of a feather
We're 'boyz 'n the hood'
Friends forever
And all because
We're 'one for all' (yeah)
We are the Four Macaws

Verse 2
We're so pretty..?..(No!) We're pretty tough!
Razor claws, beaks of steel
We chew on dirt like it was tasty stuff
You can join us for a meal, if you can...

Leadup 2
Swing your wing
Stomp your feet
Show off your coloUrful bling
And pop your big strong beak
Get some hip sync
Put some feather to skin
So don't just think
You can hang on our tree limb

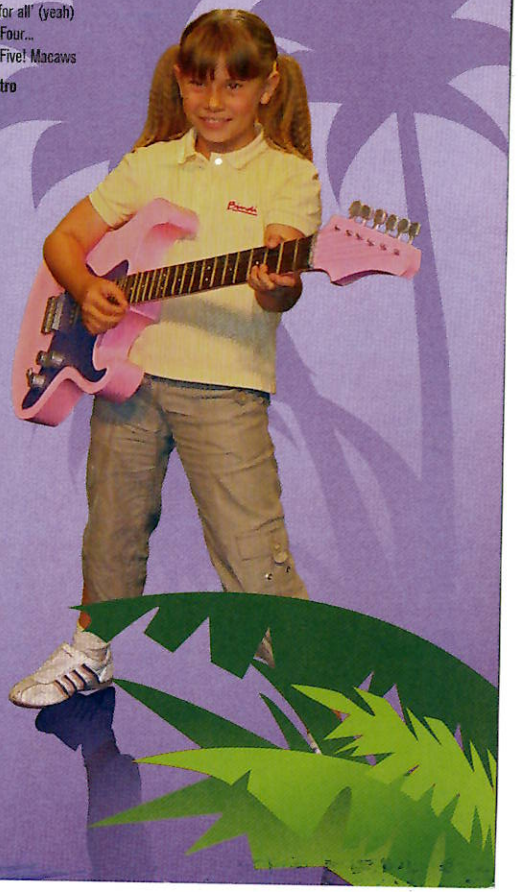
Chorus

Verse Bindi
People tell me I'm too short
To be part of their group
But If I can give you some 'food for thought'
Would you take a new recruit
'Cause I can...

Leadup Bindi
Swing my wing
Stomp my feet
Show off my colourful bling
And pop my big strong beak
Here's some hip sync
Here's some feather to skin
So what do you think?
'Ok... you're in'

Last Chorus
We stick together
And it's understood
We're birds of a feather
We're 'boyz 'n the hood'
Friends forever
And all because
We're 'one for all' (yeah)
We are the Four...
We are the Five! Macaws

Leadup Outro



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